

# 10 STEPS TO TAKE

## Manual Blood Pressure

- 
**01. Prepare Equipment**

Wash hands and ensure equipment is ready and the correct cuff size is selected.
- 
**02. Position Client**

Seat client with arm at heart level, feet flat, and legs uncrossed. Ensure they remain still and silent.
- 
**03. Find Brachial Artery**

Locate the brachial artery just above the elbow.
- 
**04. Apply Cuff**

Wrap cuff snugly around the upper arm, about an inch above the elbow, aligned with the artery.
- 
**05. Place Stethoscope**

Position the stethoscope's diaphragm over the brachial artery below the cuff.
- 
**06. Inflate Cuff**

Inflate the cuff until 30 mmHg above the expected systolic pressure.
- 
**07. Deflate Slowly**

Release pressure at 2-3 mmHg per second and note the first sound (systolic pressure).
- 
**08. Continue Deflating**

Keep deflating and note when sounds disappear (diastolic pressure).
- 
**09. Record Readings**

Document the systolic and diastolic readings.
- 
**10. Remove Cuff**

Fully deflate and remove the cuff.

# Manual Do 3 Step

**Xiang Xie**



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